

## Souper Season of Comfort, Winter 2001

### Side Dishes

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#### Nonsuch Poêle

*Hello. Here's some more fruit and vegetable news you can really enjoy. A poêle is a simple French cooking method that I use for root vegetables. My nonsuch poêle recipe is both easy and incredibly delicious! I begin with aromats like onion, celery, garlic, and ginger sautéed in 1-teaspoon olive oil. These create a wonderful flavor dimension. Next, add 2 cups of chopped root vegetables like parsnips, carrots, and turnips. Season with a little salt, pepper, and a pinch each of basil, thyme, and rosemary. Now, add a cup of low-sodium vegetable broth to the sauté pan. Cover and cook for about 10 minutes until tender and thicken with cornstarch. Sprinkle with Parmesan cheese and parsley. Each ½ cup is one vegetable serving. It's a lovely way to eat well. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### Root Vegetable Poêle

Serves 4

Provides 1½ vegetable servings per person

- 1 teaspoon olive oil
- 1 cup chopped sweet onion
- ½ cup sliced celery
- 1 tablespoon finely chopped ginger
- 2 cloves garlic, bashed and chopped
- 1 parsnip (½ cup)
- 2 carrots (1 cup)
- 1 turnip (½ cup)
- ¼ teaspoon each dried basil, thyme, and rosemary
- 1 cup low-sodium chicken or vegetable broth
- 2 teaspoons cornstarch mixed with 2 tablespoons water (slurry)
- Garnish
- 1 tablespoon Parmesan cheese
- 1 tablespoon chopped parsley

1. Heat the oil in a high-sided skillet on medium high. Fry the onion, celery, and ginger 3 minutes or until the onion begins to turn translucent. Add the garlic and cook 1 more minute.
2. Add the parsnip, carrot, turnip, and herbs. Pour in the broth, cover, and bring to a boil. Reduce the heat and simmer 10 minutes or until the vegetables are tender.
3. Stir in the slurry and heat to thicken. Serve topped with Parmesan and parsley.

#### Nutritional Analysis

79 calories  
2 g fat  
21% calories from fat  
0 g saturated fat  
0% calories from saturated fat  
14 g carbohydrates  
218 mg sodium  
3 g dietary fiber